

## Special Issue

# Sustainable Diets and Social Considerations

### Message from the Guest Editors

We are pleased to invite submissions for this Special Issue, "**Sustainable Diets and Social Considerations**", which explores the complex intersections between dietary choices, healthy and sustainable development within planetary boundaries, and social equity. As societies strive to promote sustainable diets that are both healthful and ecologically sustainable, attention to the social dimensions of these transitions is critical. Sustainable diets prioritise plant-based foods, waste reduction, and local sourcing to minimize environmental impacts and resource use. However, their broad adoption is influenced by various social factors, including cultural acceptance, affordability, and accessibility.

Key research questions include the following:

**Social Norms, Cultural Adaptation, and Dietary Transitions;**

**Socio-economic Barriers and Food Insecurity/ Poverty;**

**Impact on Food Security and Livelihoods;**

**Policy and Educational Frameworks.**

Through this call, we seek papers that not only explore the obstacles to sustainable diets, but also offer innovative pathways to overcome them and promote pathways and dietary choices that benefit both people and the planet.

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### Guest Editors

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## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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